

ALZ - Alzheimer's Disease

ALZ-ADV ADVANCE DIRECTIVE (FORMERLY LW)

OUTCOME: The patient/family/caregiver will understand the process of developing an advance directive and its role in maintaining a sense of control in the patient's medical care and decisions.

STANDARDS:

1. Explain that in most cases, patients with Alzheimer's disease will predictably lose the capacity to make their own decisions and an advance directive will be able to express the patient's desires prior to the loss of decision-making abilities.
2. Review the option of Advanced Directives/Living Will with the patient and the patient's family. Explain treatment options and answer questions in a manner the patient/family will understand.
3. Refer to appropriate services to assist the patient in making a living will, e.g., Social Services, Clergy, Lawyer.
4. **Refer to ADV.**

ALZ-AP ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will have a basic understanding of anatomy and physiology of the brain.

STANDARDS:

1. Explain normal anatomy and physiology of the brain.
2. Discuss the changes to anatomy/physiology as a result of Alzheimer's disease.
3. Discuss the impact of these changes on the patient's health or well-being.

ALZ-C COMPLICATIONS

OUTCOME: The patient/family will understand the effects and possible consequences as a result of Alzheimers.

STANDARDS:

1. Discuss the common or significant complications associated with the Alzheimers.
2. Discuss common or significant complications that may be prevented by full participation with the treatment regimen.
3. Discuss common or significant complications which may result from treatment(s).

ALZ-CM CASE MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of integrated case management in achieving optimal physical and behavioral health.

STANDARDS:

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

ALZ-DP DISEASE PROCESS

OUTCOME: The patient/family/caregiver will understand Alzheimer's and treatment options available.

STANDARD:

1. Explain that Alzheimer's disease is a degenerative brain disorder that destroys the chemical acetylcholine that is responsible for memory and cognitive skills. It is more common in older adults.
2. Explain that as the disease progresses, nerve cells in several brain areas shrink and die and the brain itself shrinks as the wrinkles along its surface become smoother.
3. Discuss the signs and symptoms and usual progression of the disease due to dementia (include any or all of the following as appropriate):
 - a. Impaired memory and thinking
 - b. Disorientation and confusion
 - c. Misplacement of things
 - d. Impaired abstract thinking
 - e. Trouble performing familiar tasks
 - f. Change in personality and behavior
 - g. Poor or decreased judgment
 - h. Inability to follow directions
 - i. Problems with language or communication
 - j. Impaired visual and spatial skills
 - k. Loss of motivation or initiative
 - l. Loss of normal sleep patterns

- m. Increasing agitation
 - n. Irrational violent behavior and lashing out
 - o. Late stage loss of ability to swallow
4. Explain that the cause is unknown and nothing can be done to prevent the disease. Encourage a healthy lifestyle and habits that prevent dementia (limit alcohol intake, stop smoking, eat well, exercise).
 5. Discuss the importance of maintaining a positive mental attitude.

ALZ-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of Alzheimer's Disease.

STANDARDS:

1. Explain the importance of obtaining referrals for contract health services when appropriate.
2. Explain that test(s) required by private outside providers need coordination with Indian Health physicians.
3. Discuss the process for making follow up appointments with internal and external providers.
4. Discuss patient/family responsibility for participation in the medical plan and for seeking and obtaining third party resources.
5. Discuss the importance of keeping follow up appointments.
6. Discuss the possible need for a patient advocate to maintain follow-up activities.

ALZ-HM HOME MANAGEMENT

OUTCOME: The patient/family/caregiver will understand home management of Alzheimer's and develop a plan for implementation, as well as, the coordination of home healthcare services to assure the patient receives comprehensive care.

STANDARDS:

1. Explain the home management techniques necessary based on the status of the patient. Explain that these home management techniques may change as the disease progresses. Discuss ways to minimize confusion:
 - a. Limit changes to the physical surroundings.
 - b. Encourage full participation to daily routines.
 - c. Maintain orientation by reviewing the events of the day, date and time.
 - d. Simplify or reword statements.
 - e. Label familiar items/photos.

- f. Follow simple routines
- g. Avoid situations that require decision making
- 2. Explain that medications must be given as prescribed.
- 3. Explain the importance of being patient and supportive.
- 4. Discuss ways of providing a safe environment. **Refer to ALZ-S.**
- 5. Explain the importance of supervising the patient during bathing and eating. Discourage leaving the patient alone for extended periods.
- 6. Encourage assistance with activities of daily living as appropriate.
- 7. Explain the benefits of increased physical activity (strength, endurance, heart fitness, increased energy, improvement in sleep, and mood and mental functioning). Advise family/caregiver to consult with a healthcare provider prior to beginning an exercise program for the patient. Explain that factors such as bone disease, heart condition, or balance problems may limit or restrict activities.
- 8. Encourage the patient to exercise the mind by reading, puzzles, writing, etc. as appropriate. Avoid challenging to the point of frustration.

ALZ-L LITERATURE

OUTCOME: The patient/family/caregiver will receive literature about Alzheimer's disease.

STANDARDS:

- 1. Provide parent/family/caregiver with literature on Alzheimer's disease.
- 2. Discuss the content of the literature.
- 3. Advise of any agency or organization that can provide assistance and further education, such as support groups.

ALZ-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family/caregiver will understand some of the necessary lifestyle adaptations to improve overall quality of life.

STANDARDS:

- 1. Discuss lifestyle behaviors that the care giver may be able to help the patient with, such as diet, increased physical activity, mental stimulation and habits related to the risks of the disease.
- 2. Encourage full participation in the treatment plan.
- 3. Explain the importance of the patient adapting to a lower risk, healthier lifestyle.
- 4. Review community resources available to assist the patient in making changes. Refer as appropriate.

5. Explain that over the course of the disease, lifestyle adaptations will require frequent adjustments.

ALZ-LW LIVING WILL (REFER TO ALZ-ADV)**ALZ-M MEDICATIONS**

OUTCOME: The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

STANDARDS:

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

ALZ-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient/family will understand specific nutritional intervention(s) needed for treatment or management of Alzheimer's disease.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.
 - c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

ALZ-N NUTRITION

OUTCOME: The patient/family/caregiver will understand the need for optimal nutrition and feeding methods in Alzheimer's disease.

STANDARDS:

1. Review normal nutritional needs for optimum health.
2. Explain the importance of serving small, frequent meals and snacks offering a variety of food textures, colors, and temperatures.
3. Encourage offering finger foods that are easy for the patient to handle.
4. Discourage the use of caffeine or foods with little or no nutritional value, e.g., potato chips, candy bars, cola.
5. Explain the importance of serving high calorie foods first. Offer favorite foods. Discourage force feeding the patient.
6. Encourage walking or light exercise to stimulate appetite.
7. Explain that as the disease progresses, the patient will often lose the ability or forget to eat, tube feeding may be an option. Refer to registered dietician for MNT as appropriate.

ALZ-PLC PLACEMENT

OUTCOME: The patient/family/caregiver will understand the recommended level of care/placement as a treatment option.

STANDARDS:

1. Explain the rationale for the recommended placement based on patient/family/caregiver preference, level of need, involuntary placement, safety, eligibility, availability, and funding.
2. Explain that the purpose of placement is to ensure a safe and supportive environment for continued care.
3. Discuss alternative placement or treatment options if recommended placement is declined or unavailable.
4. Discuss patient/family/caregiver fears and concerns regarding placement and provide advocacy and support.

ALZ-S SAFETY AND INJURY PREVENTION

OUTCOME: The patient/family/caregiver will understand the importance of injury prevention and make a plan to implement safety measures.

STANDARDS:

1. Explain the importance of body mechanics in daily living to avoid injury, e.g., proper lifting techniques for lifting the patient as appropriate.
2. Discuss ways to adapt the home to improve safety and prevent injuries, e.g., remove throw rugs, install bars in tub/shower, secure electrical cords, install ramps.
3. Discuss mobility issues as appropriate.
4. Discuss the current/potential abuse of alcohol or drugs.
5. Discuss the need to secure medications and other potentially hazardous items.
6. Discuss fire hazards such as cooking, smoking in bed, or smoking unsupervised.
7. Discuss the potential for elder abuse/neglect (including financial exploitation) and ways to identify abuse/neglect. Refer as appropriate.
8. Explain the need to secure the patient's financial resources as they may be unable to make wise financial decisions.
9. Discuss that as the disease progresses, constant supervision will be necessary.
10. Discuss that patients may wander and alarms on doors, windows and beds may be necessary.

ALZ-SM STRESS MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of stress management in the management of Alzheimer's disease.

STANDARDS:

1. Explain that uncontrolled stress can result in a worsened outcome for the patient, as well as, the caregiver.
2. Explain that effective stress management may help improve the patient's sense of health and well-being.
3. Discuss various stress management strategies for the caregiver and the patient, such as maintaining a healthy lifestyle. Some examples may include:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries and problems
 - d. Setting small attainable goals
 - e. Getting enough sleep
 - f. Maintaining a healthy diet
 - g. Exercising regularly
 - h. Practicing meditation

- i. Using positive imagery
- j. Participating in spiritual and cultural activities
- k. Utilizing support groups
- l. Utilizing respite care

ALZ-TE TESTS

OUTCOME: The patient/family/caregiver will understand the conditions under which testing is necessary and the specific test(s) to be performed.

STANDARDS:

1. Explain that there is no definitive test for Alzheimer's disease. A definitive diagnosis can only be made after death at autopsy when an examination of the patient's brain may show tell tale signs of changes associated with Alzheimer's.
2. Explain that diagnosis may be made through medical, psychiatric, and neurological evaluation. Ruling out other factors for the dementia is necessary to make a diagnosis.
3. Explain that other conditions may mimic Alzheimer's. Some examples are: depression, head injury, certain chemical imbalances, or effects of some medications.

ALZ-TX TREATMENT

OUTCOME: The patient/family/caregiver will understand that the focus of the treatment plan will be on quality of life.

STANDARDS:

1. Explain that there is no cure and it is important to maintain a positive mental attitude.
2. Explain the treatment plan. Emphasize the importance of active participation by the patient/family/caregiver in the development of the treatment plan.
3. Explain that regular visits to a healthcare provider are a crucial part of the treatment plan and the importance of starting treatment early to delay progression.
4. Explain that physical activity, good nutrition, a calm, safe, and structured environment, and social interaction are important for keeping Alzheimer's patients as functional as possible.
5. Explain that an appropriate drug regimen can sooth agitation, anxiety, depression, and sleeplessness and may help boost participation in daily activities.
6. Emphasize the importance of reassessing the level of daily functioning, mental status, mood, and emotional state of the patient. Discuss the importance of assessing the status of the caregiver(s).

7. Refer to EOL.